Wayland Sep 15th, 1856

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Dear Friend,

I send you a quantity of dried Dandelion leaves. Of course, there is much less strength in them than in the roots, and a plenty of them should be used, in order to make the drink strong. If you have beer made of them, it will be pleasanter than best tea, and quite as useful. I hope you follow up the Dandelion Coffee, at least twice a week. If you do this, and make it an invariable rule never to taste new bread, or shortened bread, to be very sparing of butter, and all kinds of greasy substances, to taste nothing

from dinner-time till the next morning, except dry bread with cold water, or hot water and milk, if you find milk agrees with you; and if you do not taste even dry bread later than six o'clock P. M. — I believe you will soon be a well man.

I speak with knowledge on this subject, because Mr. Child has twice been brought very low with dyspepsia, and diseased liver.

The mind influences the body, and the body the mind, peculiarly in dyspepsia. If I were you, I would seek whatsoever influences amused, or cheered me; and, as far as possible, avoid depressing influences. It will do you good to laugh, or to hurra.

If you had the Fremont fever, it would doubtless prove medicinal. Whether shooting a Border Ruffian would help your digestion or not, I cannot affirm; but the bullet would doubtless lie heavy on your mind, and bring on spiritual dyspepsia, which cannot be cured with Dandelion Coffee, or Dandelion Beer.

Mr. Child desires to be affectionately remembered to you.

With love to Mrs. Eddy, and her bright, pleasant daughter, I remain ever your truly attached friend,

L. Maria Child.

Lydia Maria Child
Sept. 15 1856

Mr. Francis Jackson